



# Hydration

## SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

- ⇒ During and after most physical activity such as short periods of routine exercise it doesn't matter whether you drink water or sports drinks as long as you drink something to replace fluids.
- ⇒ If you plan to exert during high heat, start drinking water an hour or two before you start.
- ⇒ After extended periods of exercise or exertion, sports drinks containing carbohydrates and electrolytes help prevent dehydration. They can also restore important minerals that are lost when you sweat. See article in Decisions magazine, "The Heat is On..." spring –summer 2014. "Are you Hydrating the Right Way?", summer 2012, on line edition Decisions Magazine.
- ⇒ Some studies have shown that electrolyte/carbohydrate formulas may enhance performance, endurance and recovery (particularly for elite athletes and after long-term strenuous activity, such as marathons and full triathlons).
- ⇒ If you drink too much water, there is the hazard of "water intoxication" and hyponatremia (low blood sodium).

[www.public.navy.mil/navsafecen/pages/media/index-safetips.aspx](http://www.public.navy.mil/navsafecen/pages/media/index-safetips.aspx)



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